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January 2005

FRONT RANGE FLYER

302nd Airlift Wing, U.S. Air Force Reserve Command

Peterson Air Force Base, Colo.

*Wing leadership
serves it up*

See page 6





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'Chow down'
Capt. David Lehrman, 302nd Security Forces Squadron commander, was one of about a dozen members of 302nd Airlift Wing leadership to serve up holiday lunch to Airmen during the December unit training assembly. (Photo by Staff Sgt. Derrick Gildner)

UTA Schedule

Next UTA: February 5-6

March 5-6

April 3-4

May 7-8

June 4-5

The next UTA schedule is printed in more detail on page 14. The **Front Range Flyer** is mailed each month to all 302nd Airlift Wing members on file with Personnel Systems. If you are not receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

Fitness improvements should be among '05 goals

By Brig. Gen. William P. Kane
302nd Airlift Wing commander

The holidays have come and gone, and most of us have made and broken several well-intended New Year's resolutions. Whether the resolutions involved losing weight, exercising more, or stopping smoking many of the resolutions involved improving our health.

All of us want to live a long and healthy life, but our habits don't always match that goal. I think the Fit to Fight program has the same focus, that is to improve our overall health so we'll live longer, healthier and we'll better serve the Air Force.

As I have met people around the wing, many questions relate to the Fit to Fight program. Individuals are concerned about the penalty part of the program. My answer always refers back to the idea that it's hard to argue that being reasonably fit is good for us as individuals, but also good for our families and the Air Force.

The lower limit of the 'Good' category (75 points) is a rational level of fitness based in part on physiological studies. A man with a waist measurement greater than 40 inches or a woman with a waist greater than 36 inches has a substantially increased chance

of heart problems. The other components are not easy but achievable.

My approach to the program is to try to create a positive atmosphere where fitness is the standard not the exception. While many of us will not achieve 75 on our first try, we will know where we need to improve.

Commanders have substantial disciplinary latitude in Air Force Instruction 10-248, which governs the Fit to Fight program. They have the latitude to support those who are making a legitimate effort to improve their fitness level. On the other extreme, the commander has latitude to discipline individuals who are not making a reasonable effort. There is considerable latitude for individuals with medical concerns.

The wing tested 95 percent of the eligible personnel and 59 percent have scored 'Good' or higher. I am proud of the effort each of you has made to get there. It is important that we continue to encourage those who came in under the 'Good' category to keep working to get better. Our next chal-



Brig. Gen. William P. Kane, 302nd Airlift Wing commander, was among wing leaders who took turns serving lunch to Airmen during the December unit training assembly. (Photo by Staff Sgt. Derrick Gildner)

lenge is to get everyone over the 75-point threshold.

So, if you resolved to improve your health on New Year's Eve, you are fitting right into the basic concept of the Fit to Fight program. I certainly encourage you to make fitness a lifetime imperative.

Follow a few 'tips for life' in the new year

**By Chaplain (Capt.)
Tim Wilson**
Wing chaplain

It seemed like a lost cause. The more they tried to come together in a loving way the more they were frustrated. It was time for the bold step of family therapy or all might be lost. One of the initial activities in counseling which made a significant difference was to sit down as a family and make three rules as a team. Interestingly, only three little yet powerful rules made a world of difference in the harmony of family life.

Recently I ran across a list of "Tips for Life." They too are small but can make a big difference. If you had to choose just three to live out in the new year which would they be?

- Give people more than they expect, and do so cheerfully.
- Don't believe all you hear, spend all you have, and sleep all you'd like.
- Don't say I love you unless you really mean it.
- When you say I'm sorry, look the person in the eye.
- In disagreements, fight fair; no name calling.
- Don't judge people by their

relatives.

- Call your mom.
- Don't let a little squabble damage a good friendship.
- When you realize you've made a mistake, take immediate steps to correct it.
- Smile when picking up the phone. The caller will hear it in your voice.
- Read more books, and watch less TV.
- In disagreements with loved ones, deal with the current situation. Don't bring up the past.
- Never interrupt when you are being flattered.

- Trust in God, but lock your car.

If you didn't find a tip that works for you feel free to make up your own. And don't forget if you ask the Lord to help you live them out, He will be there for you!

The Lord bless you and your loved ones in this new year and in the words of the ancient Old Testament blessing, "May the Lord bless and protect you; may the Lord's face radiate with joy because of you; may He be gracious to you, show you His favor, and give you His peace." (Numbers 6:24-25 TLB)

Protecting hearing a sound decision

By Lt. Col. (Dr.) Karen Baldi

302nd Aeromedical Staging Squadron

The inner ear contains hair cells that move with sound vibrations, which then transmits this movement into nerve impulses which the brain then interprets as sound.

However, once the inner ear hair cells have been damaged by a loud noise, they die and are not regenerated, resulting in permanent hearing loss. The cells die due to the accumulation of toxic waste products called free radicals.

The Hearing Conservation program tests hearing in order to monitor for any damage due to noise exposure on the job. Other than wearing hearing protection there was thought to be no other way to protect hearing.

Recent research has shown that antioxidants can help prevent the damage that occurs from the trauma of noise which produces free radicals in the ear. Vitamins C and E were shown to be of some help. Also use-

ful is acetyl-L-carnitine (ALC), but the most effective compound appears to be glutathione. This is a powerful antioxidant, with anti-aging and detoxifying capability, produced by our own liver.

You cannot buy glutathione, but you can buy n-acetylcystine (NAC) as a supplement which is converted into glutathione in the body. NAC is approved by the FDA to prevent liver damage from acetaminophen (Tylenol) poisoning. It is safe to take, and legal for special operational duty members. Numerous animal and some human studies have shown that NAC can protect against noise-induced hearing loss. Antioxidants have also shown to be beneficial to relieve vertigo, ringing in the ears, and damage to hearing caused by certain drugs.

The US Navy developed a supplement and began testing it on Marine recruits earlier this year. The supplement has been licensed by American BioHealth Group who plans to have this "hearing pill" on the market in 2006.

Rather than wait for the hearing pill, you can modify your diet now to prevent hearing loss. Eat plenty of vegetables, olive oil, omega-3 fatty acids (good fats) from fish and nuts. Take antioxidant supplements such as NAC, ALC, vitamins C and E and fish oil or flax seed, especially before noise exposure. Avoid those foods which increase oxidation, inflammation, and free radicals such as sugar, excess salt, and the bad fats.

And, of course quit smoking. Smoking also increases the risk of hearing loss. The alternative will be permanent hearing loss and a \$3,000 bill for a hearing aid.



Esophageal cancer – there's a killer among us

By Master Sgt. Bob Smith

302nd AW Safety office

Many of you may not know that my civilian job title is "Safety and Health Occupational Specialist." I am going to place emphasis on the Health portion, which I must confess I've not spent as much time on as I should have.

What shook me awake was an e-mail letting me know that a friend I graduated from high school with, who would be the same young age of 53 or 54 as I, died recently of esophageal cancer. Don was a heck of a football player in high school and just a good ole country boy who stayed and took over the farm from his dad. Unfortunately, Don took up smoking, which is one of the primary reasons for esophageal cancer and the cause of his death.

On our way to the Sturgis motorcycle rally this past summer, we stopped in Cheyenne and picked up a bike rider (Bob B.) who joined us and who also had esophageal cancer. He didn't die, but did have a mas-

sive operation on his throat and couldn't say a word or eat anything solid. I heard him cough once. He breathed out of a little hole in his throat, communicated by writing in a little note book and

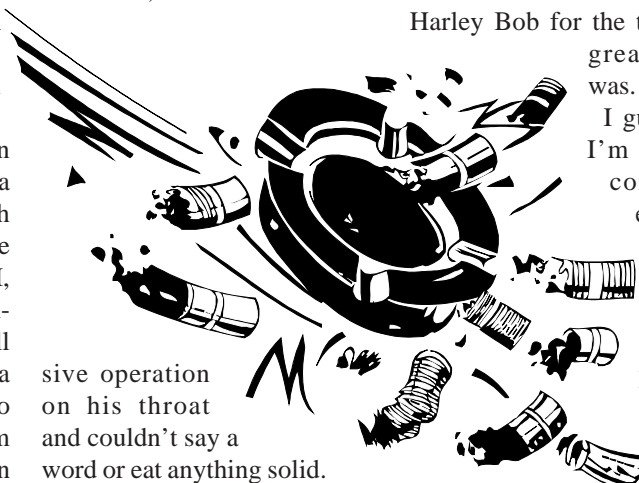
drank Ensure type products the whole week or infused blended food directly into his stomach via a syringe. He would stick a chip in salsa at the Mexican restaurants we ate in and suck it off. I was Honda Bob and he was Harley Bob for the trip and a great trip it was.

I guess what I'm trying to convey to everyone is that if you use tobacco products, these are just two of the many, many examples why you should quit before it is too late. I emphasize too late!

Excuses? You don't have any, for there are so many alternatives. Smelling like an ash tray might not be a good enough reason for you to quit, but cutting your life short should be.

Take charge of your life and make it much more enjoyable, and stop putting your family members at risk. Live long enough to enjoy your grandkids by doing everything you can, from starting an exercise program to quitting tobacco. You can be assured that if I walk by you while you are smoking a cigarette or smell you as you walk by, I, as well as everyone else, will be wondering why you are doing everything you can to die early.

You're not a weak person! Please quit now so I don't have to read an e-mail about you dying in such an ugly, painful and pointless manner.



Enlisted force structure - defining our roles

By Chief Master Sgt. Gerald R. Murray
Chief Master Sergeant of the Air Force

Clearly defining our purpose and development as an enlisted corps is more critical today than ever before. Our Airmen have been called to action in many different, and sometimes non-traditional capacities. The challenges have been great and often unfamiliar. Through your dedicated service and sacrifice we've met those challenges straight on, and have grown tremendously since the Global War on Terror began.

To keep at the top of our game, every Airman must know and understand their role in this fight and in our Air Force, today and tomorrow. It's the enlisted force structure that defines us as Airmen, rather than merely specialists. In recent months, we've

spent a great deal of time and talent to improve this Air Force instruction to ensure we not only meet today's requirements, but also are ready to face any adversary at any time.

The revised AFI 36-2618, Enlisted Force Structure, lays out concise standards, expectations and opportunities for every enlisted Airman. The foundation of the profession of arms has to begin with our core values, Integrity, Service Before Self, and Excellence. These values, along with the basic roles and responsibilities needed to accomplish the mission, form our foundation - a rock-solid foundation.

This instruction establishes general Airmen responsibilities and refines both general and specific responsibilities for each level of the enlisted force. We have clearly defined enlisted knowledge and performance levels while incorporating the

tactical, operational, and strategic levels of leadership and development. Additionally, we have described some of the special senior noncommissioned officer job opportunities, such as group superintendents and command chief master sergeants.

One of the most visible aspects of this version of AFI 36-2618 is the standardization of enlisted duty titles. We based titles on a person's primary duties, level of responsibility and rank. A consistent, standard approach gives the title universal meaning. When you reach a superintendent of a wing shop you'll know you are dealing with a senior NCO in charge. Today's operations tempo calls for a quick understanding of a person's role. We are facing new challenges everyday and we have to maintain our edge for every angle.



I urge all Airmen to read and understand the Enlisted Force Structure AFI. This is your blueprint for success in our great Air Force ... an Air Force revered around the world. Embrace your role and responsibility as an Airman - SNCO, NCO, or junior Airman, and we'll continue to be the outstanding enlisted force our nation values, our allies appreciate and our enemies fear.



Welcome home

Tech. Sgt. Scott Flack, 302nd Airlift Wing chapel assistant, and wife, Sarah, enjoy a happy moment upon his return from Iraq Dec. 18. Sergeant Flack was also greeted by their three children, including new daughter, Lily, born Dec. 2. (Courtesy photo)

Passing experience, wisdom to others

By Chief Master Sgt. Sally Arnold
302nd Civil Engineer Squadron

Webster's dictionary defines a mentor as "a wise and trusted counselor or teacher." Air Force Policy Directive 36-34 defines a mentor as "a trusted counselor or guide."

Mentoring, therefore, is a relationship in which a person with greater experience and wisdom guides another person to develop both personally and professionally.

In the 302nd Civil Engineer Squadron, we wholeheartedly believe this to be the one of the cornerstones of an outstanding unit. In keeping with this belief and the guidelines set forth in AFDPD 36-34, we have developed a squadron mentoring program. Our program requires every noncommissioned officer above the rank of master sergeant to "mentor" the junior enlisted in the squadron.

While some believe that mentoring stops at the individual's job requirements, we feel that it must be carried a step beyond that. As a senior NCO you are a mentor to any junior member you come in contact

with. Therefore, our program consists of the requirement for each master sergeant and above to select a topic which he or she will give a 30-minute Power Point presentation about to all junior NCOs. A different NCO gives a presentation every unit training assembly.

A presentation can cover any subject which we believe will have a positive influence on the troop and also help develop them as an individual as well as their military career. Each presentation is reviewed one month before by our operations officer for content. After each topic is presented all junior NCOs are provided a critique sheet. The critiques provide feedback to the presenter.

We feel this is a win/win situation for our squadron as our program mentors both the junior and senior NCOs in CE. The seniors learn to build a Power Point presentation and also have an opportunity to hone their public speaking skills. The junior NCOs benefit from the knowledge and skills of the NCOs appointed over them.

Wing leadership spreads holiday cheer

By Tech. Sgt. Tim Taylor
Front Range Flyer

December will be memorable for 302nd Airlift Wing members who celebrated the holiday season early. That's because wing leadership rolled out the holiday spirit Dec. 4, serving lunch at the Aragon Dining Facility and hosting a wing-wide gathering at the Sheraton in Colorado Springs.

Brig. Gen. William P. Kane kicked off the festivities on Saturday of the UTA, donning a chef's hat and apron to serve lunch. Joining him were several of the wing's commanders and first sergeants.

Working in 15-minute rotations, about a dozen members of senior leadership donned chef's and server's caps and dished out meals to Airmen. Together with the members of the 302nd Services Flight and civilian contractors who normally serve UTA meals, the group filled many hungry tum-



Master Sgt. Michael Orawiec, 302nd Security Forces Squadron first sergeant, serves lunch at the Aragon dining facility. (Photo by Staff Sgt. Derrick Gildner)

mies.

The effort was well-received. "It was very good, very nice," said Master Sgt. Terry Brassard, 302nd Services Flight, services specialist.

That evening, the chiefs' group wrapped up the day, hosting a holiday party at the Sheraton. Wing members and their guests enjoyed a buffet style dinner of chicken and pork loin, prize drawings, holiday musical entertainment by the Air Force Band, and a variety of dance music provided by a DJ



Airman 1st Class Victoria Anderson, 302nd Civil Engineer Squadron material control specialist, and Master Sgt. Robert Smith, 302nd Airlift Wing noncommissioned officer in charge of ground safety, were among many line dancing participants at the holiday party. (Photo by Tech. Sgt. Tim Taylor)

familiar to many in the unit, Staff Sgt. Thomas Black, 731st Airlift Squadron flight engineer journeyman.

"I have been to a lot of events with this unit and sponsored a lot, and we've never had that many people," said Chief Master Sgt. Joe Vigil, 302nd Maintenance section aircraft maintenance manager.

The event didn't draw as many as originally planned, but a late rush of ticket sales did boost attendance. "We initially anticipated 300, cut the number to 200, and we ended up with 247," said Chief Master Sgt. Eric Deylius, 731st Airlift Squadron chief of flight engineering.

"From a statistical point of view only about 20 percent of the total wing was represented," said Chief Deylius. "In the future we would like to get the number to at least 40-50 percent."

"We had a blend of everybody from the wing represented there," said Chief Vigil. "That was a great outcome."

"I felt it went really well," said Chief Deylius. "The folks in attendance all seemed to have a good time. I saw a lot of socializing going on - the primary intent of this gathering."

The chiefs' group is looking at hosting another gathering this year. "Maybe we can offset the cost with fund raisers or some other 'creative means' to lower the cost," said Chief Deylius. "I am willing to take up the challenge again."

If there's one thing that's certain, no one can accuse the 302nd AW of not living up to a challenge.

Keep wing members informed through Family Readiness

Getting hitched? A new addition to the family on the way? Finally nailed down that bachelor's degree? Don't forget to let the 302nd Mission Support Flight Family Readiness office know about it.

Family Readiness wants to know about marriages, engagements, births, graduations and other special events in your life so they can share it with the rest of the 302nd Airlift Wing. All you

need to do is contact your unit's family support representative or your first sergeant and they will forward the information on to Family Readiness to place in its monthly newsletter.

Tech. Sgt. Henrietta Gilreath, 302nd MSF Family Readiness technician, and Brig. Gen. William P. Kane, 302nd AW commander, express their appreciation to everyone who donated to the annual toy drive. The toys

were distributed to Reserve members first and remaining toys were donated to the Emily Griffith Center, TESSA (Trust, Education, Safety, Support, Action), and CHINS UP Youth and Family Services.

If you are considering applying for grants/scholarships for college, the Family Readiness office has the Scholarship Resource Network available. If you are interested, stop by their of-

fice.

The next meeting will be Sunday, Jan. 9, at 10 a.m. in the wing training conference room.

If you wish to find out more about Family Readiness, contact the office at 556-6505 during unit training assemblies. During weekdays, 1st Lt. Joan Yarrell, 302nd MSF, director of military personnel, can be reached at 556-7324. She is the Family Readiness liaison.



Airman 1st Class
Paul Franklin



Staff Sgt.
Waihini Gaditano



Master Sgt.
Jerome Hinojos



Senior Master Sgt.
Jonathon Christian



Capt.
Kristen Simpson

Award winners comprise interesting mix

By Tech. Sgt. Tim Taylor
Front Range Flyer

The 302nd Airlift Wing's annual award winners comprise a mixing bowl full of interesting backgrounds. Two of the five winners are assigned to the 302nd Logistics Readiness Squadron. Two reside in Texas. Two are female. One of the wing's outstanding Airmen for 2004 has been in the military longer than the other four have been alive.

Regardless of the demographics, all are among the best in a

wing which consistently boasts of notable accomplishments.

Airman of the Year

Airman 1st Class Paul Franklin, 302nd Aerial Port Squadron fuels technician, works a steady job and attends two colleges in El Paso, Texas, yet he still finds time to fly to Colorado for Reserve duty each month. He's been a member of the wing for 15 months.

NCO of the Year

Staff Sgt. Waihini Gaditano, 302nd Mission Support Flight chief of information management, is the youngest of the

group. She has been in the military for a little more than six years and has been with the wing for 22 months.

Senior NCO of the Year

Like Airman Franklin, Master Sgt. Jerome Hinojos, 302nd Security Forces Squadron squad leader, is a resident of El Paso. He too flies here to perform Reserve duty. He's been in the military for more than 15 years.

First Sergeant of the Year

The oldest of the aforementioned winners is 34, but Master Sgt. Jonathan Christian, 302nd LRS, has been in the military

longer than any of them have been around. He will celebrate his 38th anniversary of military service on Jan. 16.

Company Grade Officer of the Year

Capt. Kristen Simpson, 302nd Logistics Readiness Squadron, chief of plans, is the second award winner representing LRS. She's been in the military a little under six years, spending the last 4 1/2 with the 302nd.

The award winners will be recognized at commander's call March 5. A luncheon will be held in their honor March 6.

Award Recognition Program dates, deadlines set

By Chief Master Sgt. Bobby Smith
302nd AW Command Chief
Master Sergeant

302nd Airlift Wing Award Recognition Program nomination packages for Airman and NCO of the Quarter for fiscal year 2005 must be submitted by 3 p.m. on the following dates:

Quarter	Package due	Board meets
1st	Jan. 24	Feb. 5
2nd	April 25	May 7
3rd	July 25	Aug. 6
4th	Oct. 24	Nov. 5

The board convenes at 9 a.m. in Bldg. 845, 21st Space Wing headquarters conference room.

Award nomination packages for Airman, NCO, Senior NCO, First Sergeant and Com-

pany Grade Officer of the Year must be submitted by Saturday, Nov. 19. The board will convene at 9 a.m., Saturday, Dec. 5, in Bldg. 845. Completed nomination packages must be submitted to the 302nd Military Personnel Flight by 3 p.m. on the due dates listed above. Your cooperation in honoring these suspense dates in order to be fair to the commanders who submit their nomination packages on time is appreciated.

Nominee appointment times will be disseminated by the MPF the Friday after the above listed package submission deadlines. This notification will be sent to each unit representative who, in turn, will directly notify their respective nominee. Every effort will be made to schedule nominees with consideration for their work schedules with the understanding that missing a scheduled

appointment results in disqualification.

Only the winners of the quarterly boards will be considered for the Airman and NCO of the Year competition. Updates and revised packages must be submitted by the deadlines listed above.

The following units are responsible for providing a board president (field grade officer) for the board indicated: first quarter, 302nd Mission Support Group; second quarter, 302nd AW/302nd Aeromedical Staging Squadron; third quarter, 302nd Logistics Group; fourth quarter 302nd Operations Group.

A colonel is required to be the board president for the yearly boards. This board president shall be selected by the 302nd AW com-

Award recognition continued on page 12

Security forces receives hands-on training

By Staff Sgt. John Meidl
302nd Security Forces Squadron

"Hands-on training" took on a whole new meaning for the 302nd Security Forces Squadron during November Unit Training Assembly. Security forces members spent Saturday of the unit training assembly in the classroom and applying what was learned through Physical Apprehension and Restraint Techniques.



Capt. David Lehrman, 302nd Security Forces Squadron commander, puts in a little "flight time." (Courtesy photo)

PART is bringing a suspect under control without the use of weapons and is a part of a larger Use of Force Continuum.

The challenge is teaching Reserve security forces members everything they need to know on the subject in the limited time on any given UTA. "That's why we dedicated a whole day to the subject," said Capt. David Lehrman, 302nd SFS commander. "This is an extremely perishable skill and we focused on not only what the AFI requires us to teach, but also on simple and effective techniques that can be practiced and remembered under stressful situations."

The classroom instruction was followed by a bus trip to a local dojo, where the fun began. The instructors for the afternoon session were Senseis John Petrone and Eric LaLone from the Defense Institute, who were enlisted to assist in this training. They covered everything the 302nd SFS is required to know from the AFI, but much of the time was dedicated to drills and concepts that could be repeated and trained away from the formal setting to keep security forces current and ready to react.

Tech. Sgt. Elroy Cormier, 302nd



Tech. Sgt. Elroy Cormier, 302nd Security Forces Squadron security assistant, spends a little "quality time" on the mat. (Courtesy photo)

SFS security assistant, better known to his teammates as "Yak," drew much attention from the instructors due to his large size. As it was demonstrated (time and time again) that by applying proper techniques, one can overcome sheer size and strength through quickness and balance. "Man, was I sore on Sunday," said Sergeant Cormier, "but this is some of the best training I've ever had in the Air Force."

Indeed, everyone was a little sore and moving slow the next day, but they were also more confident in their ability to use physical force in a controlled manner if required.

Electronic messages could be denied if you don't comply

By Senior Master Sgt.
Kelli Wolf
302nd Communications Flight

302nd Airlift Wing members who use e-mail could have their messages stripped or returned in error and not sent due to compliance failure.

This is directed through the Air Force Time Compliance Network Order reporting system as a possible denial of service.

In October 2004, AFI 33-119 was updated to contain the fol-

lowing rules regarding sending electronic messages via Air Force systems:

Paragraph 3.7 - Users will not add slogans, quotes, special backgrounds, special stationeries, digital images, unusual fonts, etc., routinely to their official or individual electronic messages.

Users must consider professional image and conservation of Air Force network resources (bandwidth).

Paragraph 4.2. Senders will

include a signature block on all official electronic messaging.

Examples of authorized signature blocks are:

4.2.1. Military Signature Block:
//SIGNED//
RAINY DAYS, Maj, USAF
Branch Chief, Messaging Services

4.2.2. Civilian Signature Block:
//SIGNED//
CHAR BROIL, GS-12, DAF
Branch Chief, Field Support

4.2.3. Contractor Signature Block:

//SIGNED//

KENNEL STORE, Contractor, HQ AFCA/ECFP

Paragraph 4.3. Slogans, quotes, graphics, digital images, logos, font signatures, clip art, etc., are prohibited.

Remove all slogans, quotes, graphics, digital images, logos, font signatures, clip art, special backgrounds, special stationeries, and unusual fonts immediately. The official Air Force font is Times New Roman, 10 or 12 point.

Wing warriors strive to become 'fitter than fit'

By Tech. Sgt. David D. Morton
Front Range Flyer

Wonder and amazement - two words appropriate for individuals posting extraordinarily high scores during the annual Warfit test. These people leave peers in their tracks and scratching heads as to how such high scores can be accomplished in such a limited amount of time.

Entering the final month of the year, 19 members of the 302nd Airlift Wing had scored above 95 percent, six of them with perfect scores.

The Warfit format was scientifically designed specifically as a program to meet daily needs of Air Force personnel, provide evaluation of what the fitness needs were, and initiate and stimulate individual fitness programs providing consistency throughout the Air Force.

"The current fitness standards are a result of the most

current available research," said Deena Ellin, Air Force Space Command health promotion and command fitness consultant. "The idea was a composite score made up of all the fitness components providing a better assessment as a whole picture than looking at each individual component," said Ms. Ellin, who has a Master's of Science degree in Exercise Physiology. "It was our intent to include body composition as a part of the fitness assessment. At the time, the weight management program was a separate issue from fitness. So we developed a comprehensive program and rolled it out to the command over a six-month period. Our positive results put us in a perfect position to offer it as an alternative program when the Chief of Staff of the Air Force was seeking a fitness re-look."

"I think the Air Force made a very smart and long overdue

move by instituting this program," said Maj. Thomas McCloskey, 302nd AW, officer in charge of command post. "By doing so we're finally getting everyone to think seriously about their personal level of fitness. Increased fitness has obvious benefits in our profession, I think making people feel better, happier at work and hopefully translating into longer lives."

While the Warfit program has standard goals for everyone to achieve within specific time limits for each event within respective age groups, some individuals simply outclass the standards.

Major McCloskey finished in the excellent category while completing the fitness test last August. The oldest of the six people to score 100 percent on the fitness test, he completed 71 crunches, 82 push-ups managed a time of 10:11 in the run.

"I make an attempt to run three times during the week, and work out on alternate days," said Major McCloskey. "It varies a great deal because of the time away from home as a commercial pilot and irregular schedules."

Performance scores from one person to another differ depending on body type, the amount of training before testing, and effort exerted while testing.

"Most goals can be reached with proper training and vigilance," said Ms. Ellin. "The difference is the individual who wants to be an elite athlete as opposed to someone who is content having a good level of fitness and health."

Although he ran 5- and 10-K marathons in college, Major

McCloskey indicated diet had become a more important factor as he aged. "Participating in sports throughout my school years, I've always realized the

Pregnancy and the fitness test

Air Force Instruction 10-248, Section 4.2.9.1, states that members will be exempt from fitness testing during pregnancy and for 180 days after the delivery date. Also, fitness test exemptions for reservists with pregnancy ending earlier than full term will be determined with input from the member's health care provider (AFI 10-248, AFRC Supplement 1, Section 4.2.9.2).

If you have any questions, call Tech. Sgt. Greg Sprong, 302nd Services Flight, noncommissioned officer in charge of fitness and recreation, at 556-4001.

importance of a healthy diet and regular exercise, he said. "Up until age 35, I could eat as much as I wanted without seeing any weight gain. Since then the metabolism has slowed and I have to be more careful about what and how much I eat to keep the "spare tire" off. I now try to be more careful about my diet and feel better as a result."

Varying factors including an exercise regimen, diet, athletic background, body type and persistent training all are part of what is going to determine how a person scores on the Warfit test. Mainly, it's up to the individual to determine what scores they want to achieve within the parameters of all the varying factors.

While Air Force reservists and active-duty personnel are now held to the standards, part-time military members seem to be adapting well.

"No one is taking the easy way out," said Master Sgt. Ken



Tech. Sgt. Tina Doherty, 302nd Security Forces Squadron fire team leader, performs crunches. (Photo by 2nd Lt. Jody Ritchie)

**Wing warriors continued
on page 11**

Operations center sees, hears maintenance needs

By Tech. Sgt. Stefano Collins
Front Range Flyer

A small, windowless, dimly-lit rectangular room with a back wall covered with dark blue velvet drapes comes to life with ringing telephones, a radio console containing flashing computer monitors, squawking walkie-talkies and a steady flow of maintenance personnel coming in and out. In the midst of the chaos, two maintenance personnel working as production controllers are entering data into computers, answering phones and answering questions. This hub of activity is the 302nd Maintenance Operations Center.

"Our primary function is to act as the eyes and ears of the maintenance group commander," said Master Sgt. Bob Crane. "We keep him updated on the status of all maintenance activities."

Senior Master Sgt. Glenn Blackmann, 302nd Maintenance Operations Flight production superintendent, agrees. "The maintenance operations center is the nerve center of flight line maintenance, and the production controllers are the spines."

The maintenance operations center, more commonly known as "MOC," is staffed by a team of six production controllers who usually work two per shift. The six MOC team members are: Sergeant Crane, Master Sgt. Johnny Hughes, Master Sgt. Gary Van Wuffen, Tech. Sgt. Ed Martin, Tech. Sgt. Dan Gopperton, Staff Sgt. Zack Jankovsky, and Staff Sgt. Yoloxochitl Torresdey.

Sergeant Crane is one of the production controllers and he has worked in the MOC for 10 years. His previous Air Force Reserve jobs were engine mechanic and crew chief, all with the 302nd Maintenance Squadron.

"The MOC is the focal point for coordinating all maintenance activities, such as specialist support and G081 issues. We take in and disseminate information," said Sergeant Crane.

"We also coordinate with the aircraft maintenance, specialist shops such as avionics, other groups such as operations and, at times, the 21st Space Wing," said Sergeant Hughes, a production controller in the MOC since May 2003. "Basically, we prioritize the maintenance work pertaining to aircraft that will fly today and tomorrow," said Hughes.

Customers of the MOC agree.

"MOC is the nucleus of the maintenance operation," said Chief Master Sgt. Eric Cook, 302nd Logistics Readiness Squadron superintendent.

"Without the MOC, maintenance would run amok," said Chief Master Sgt. Eric Deylius, 731st Airlift Squadron chief flight engineer.

Formerly known as "job control," the name change to maintenance operation center occurred five years ago. However, many long-time unit members still refer to the MOC as "job control."

"The command post and job control are nerve centers for us," said Master Sgt. David Carey, a 731st AS flight engineer for the past 21 years.

If any discrepancies are found during a maintenance or pre-flight inspection, the aircraft is not released to fly. From the MOC perspective, the aircraft maintenance coordination process begins with the C-130H3 aircraft itself. Specifically, it goes from the aircraft to the crew chief, then to the expediter, who is also known as "Victor One," and then to the production superintendent, also known as "pro super."

Once the coordination process is completed, MOC is contacted. MOC, in turn, contacts the maintenance shop which specializes in repairing the identified discrepancy. MOC then monitors the progress of the repair.

"MOC is an integral part of maintenance activities," said Chief Master Sgt. Mike Sanchez, 302nd Maintenance Operations



Staff Sgt. Zachary Jankovsky, 302nd Maintenance Squadron maintenance operations controller, works the control panel inside the Maintenance Operations Center. (Photo by Tech. Sgt. Tim Taylor)

Flight superintendent. "Everything is coordinated through this office. We work hand-in-hand with the command post on day-to-day operations. The MOC is a vital part in getting maintenance done."

To monitor repair progress and various other stages of aircraft and hangar availability and repair, production controllers use the G081 maintenance data collection system. It replaces the old "CAMS." Data such as aircraft discrepancies and aircraft status, ready to fly, in for repairs, etc., is entered into G081 by the production controllers. For example, crew chiefs inform MOC of all aircraft discrepancies by using a Flight Debrief Worksheet. Discrepancies annotated on the worksheet are then entered into G081 by the production controllers.

Similar to local television news channels

Operations center continued on page 11

Wing warriors continued from page 8

Kunkle, 731st Airlift Squadron flight engineer, who serves as the squadron's fitness monitor and also scored 100 percent on the fitness test. "Obviously, personnel more ac-



Senior Airman Fiaui Taase, 731st Airlift Squadron information management technician, works his push-ups. (Photo by Tech. Sgt. David D. Morton)

Operations center continued from page 10

that have an "eye in the sky," the MOC also has one. From its office located in Building 210 above the maintenance hangar bays, the MOC has a bird's eye view of the flightline.

A high-powered camera with extreme zoom-lens capability transmits live action into the MOC via a television monitor mounted on the wall above the radio console. This enables the production controllers to watch pre-flight inspections and various types of maintenance being performed on any aircraft on the flight line.

The camera's primary purpose is for observation and security. It has also proven extremely beneficial for tracking aircraft dur-

ing in-flight emergencies. "Recently, a Cessna trainer aircraft flying into Peterson experienced an IFE," said Sergeant Hughes. The 21st Space Wing Base Operations contacted us. We recorded it and the investigators used the tape."

The MOC is currently understaffed. "We are looking for qualified traditional reservists," said Sergeant Crane. Qualifications to work in the MOC require a background in or maintenance systems and consists of having an Air Force Specialty Code in any area of maintenance or plans and scheduling.

If you possess the proper qualifications and would be interested in working in the MOC, contact Chief Sanchez at 556-4355 or Sergeant Blackmann at 556-9662.

302nd AW 'Fitter Than Fit'

Capt. Colleen Cameron, 731st AS	100
Lt. Col. Charles Chapman, 731st AS	100
Master Sgt. Kenneth Kunkel, 731st AS	100
Senior Airman Isaiah Lechowit, 302nd MXS	100
Maj. Thomas McCloskey, 302nd AW	100
Maj. James Steward, 731st AS	100
Maj. Robert Leszczynski, 731st AS	99
Staff Sgt. Matthew Piercy, 302nd MXS	98.75
Maj. Patrick Ryan, 302nd OSF	98.75
Tech. Sgt. Danny Amparan, 302nd MXS	97.5
Capt. Kristin Simpson, 302nd AW	97.5
Airman 1st Class John Stevens, 302nd ASTS	97.5
Maj. Brian Thomas, 731st AS	97.5
Staff Sgt. Cherrilee Sederburg, 302nd ASTS	97.25
Tech. Sgt. Theresa Puterbaugh, 302nd MXS	96.75
Tech. Sgt. Karl Shubert, 302nd AW	96.75
Staff Sgt. Robert Miller, 302nd MXS	96.5
Master Sgt. Jake Thompson, 302nd OG Det. 1	96.5
Maj. Christopher Padbury, 731st AS	96.25

measurements portion of the test must be complete before doing push-ups, crunches and the run. Usually, the test only takes an hour to complete with three-minute rest periods between each element of the test."

No one should expect to have to over extend to pass the test, but need to focus on some kind of workout regimen to accomplish the required standard score for each event.

"Not many of us like to work out

until our bodies give up, or to run until the feet and knees swell, or to sweat until we are ringing wet," said Maj. James Gregory, 39th Aerial Port Squadron logistics readiness technician, who ran 26.2 miles while participating in marathons in Tucson, Ariz. and Boulder. "Most of us merely do what we need to do to get by – just enough to meet or exceed the standards. However, there are a few, the exceptional, the ones who strive to be the very best of the best. They make the rest of us stand in awe, seeing the potential in all of us."



Hitting the hole

Maintenance Blue quarterback Bill Sparks finds a hole as he attempts to elude Mike Fekete (left) and another Maintenance Red defender during the annual maintenance flag football game. The Red team won a thriller, 14-13. (Photo by Tech. Sgt. Tim Taylor)

Military construction funds double for Reserve

WASHINGTON – Air Force Reserve Command is moving closer to owning C-17 transport aircraft.

In 2005, the command will get \$7.4 million to build an aircraft maintenance hangar for the Air Force's newest heavy airlifter at March Air Reserve Base, Calif. Another \$2.1 million will pay for altering a hangar tower.

Overall, the command will receive \$124 million for military construction. That's double what it received in 2004.

President Bush signed the \$10 billion 2005 Military Construction Appropriations Act in October.

In addition to March ARB, Air Force Reserve units at 10 other locations will receive funding for military construction projects.

The 93rd Bomb Squadron at Barksdale Air Force Base, La., will get \$4.8 million for an operations facility.

Dobbins ARB, Ga., will spend \$10 million to upgrade its maintenance bays.

A \$1.85 million aircraft parts store will go up at Naval Air Station Joint Reserve Base Fort Worth, Texas.

Lackland AFB, Texas, will receive \$23 million for three projects. Lackland will alter its aircraft generation facility and

build a training complex and a training load assembly facility.

A \$4.4 million expansion to the joint fitness center and a new \$4.95 million joint security forces building will be built at Minneapolis-St. Paul International Airport Air Reserve Station, Minn.

Niagara Falls IAP ARS, N.Y., is getting \$7.8 million for a fire and crash rescue station.

Portland IAP, Ore., will upgrade and expand its rescue squadron building for \$1.64 million, and build a consolidated training complex for \$3.8 million and a maintenance hangar and pavements for \$12.4 million.

Seymour-Johnson AFB, N.C., will receive \$2.3 million for a Reserve security forces operations facility.

Westover ARB, Mass., will get a new \$4.4 million base operations facility.

To transition to the C-5, Wright-Patterson AFB, Ohio, will improve airfield pavements with \$4.3 million and build a multipurpose hangar with \$16.82 million.

The command will receive another \$6.7 million to cover planning and design costs, and \$5.3 million for unspecified miscellaneous construction projects. (AFRC News Service)

Scholarship program includes Reserve

The Military Officers Association of America is offering individual \$1,000 grants to 50 military dependents through its 2005 Base/Post Scholarship program.

To be eligible, a student must be under age 24, working on a first undergraduate degree, and a dependent child of an active duty service person – enlisted, warrant officer, or officer – in the United States



Army, Navy, Air Force, Marines, Coast Guard, Public Health Service, or National Oceanic and Atmospheric Administration. This includes members of the drilling Reserve and National Guard.

Grant recipients will be randomly selected from among applicants within each of the seven services. No grade point average, SAT scores or essays are needed for the application. MOAA membership is not a requirement.

An online application is on the MOAA website: <http://www.moaa.org>. Click on Educational Aid on the left side of the opening page and follow the easy instructions for the multi-purpose scholarship application. Submit applications by noon EST, March 1.

Semifinalists will be notified by e-mail and the self-check on the website by mid-March. Winners will be notified in May.

He/she must then send proof of college acceptance or registration for the 2005-06 school year and copies of the applicant's and sponsor's military ID cards to: MOAA, Base/Post Scholarship, 201 N. Washington St., Alexandria, VA 22314-2311.

If a computer is not available at home, an applicant should go to the school counselor's office or public library. For questions not answered at the website, the applicant may e-mail edassist@moaa.org. (Courtesy of Military Officers Association of America)

Award recognition continued from page 7

The annual board will consist of a minimum of four chief master sergeants and the board president. Contact me if you'd like to volunteer to sit on any of these boards.

The uniform for both the board members and nominees shall be service dress. Variations must be approved by the command chief master sergeant.

302nd AW Instruction 36-2801 has been revised concerning areas of responsibility for the MPF and other

sections. Commanders and first sergeants are responsible for nomination packages meeting the deadlines listed and for packages meeting standards.

Contact me at 556-8132 during UTAs or e-mail me at B4991S@lvmpd.com during off-UTAs.



Best in AFRC

Staff Sgt. Christian Picard, 310th Security Forces Squadron fire team member, Schriever Air Force Base currently supporting Operation Iraqi Freedom, has been named the Air Force Reserve Command 2004 Outstanding Security Forces Individual, Airman traditional reservist category. (Courtesy photo)

Support wounded with phone cards

Send Fort Carson's wounded troops phone cards. The government doesn't pay long distance charges and wounded soldiers are rationing their calls.

Mail phone cards for any amount to: Medical Family Assistance Center, Walter Reed Medical Center, 6900 Georgia Avenue, NW Washington, D.C. 20307-5001.



Base museum closed for upgrades

The Peterson Air and Space Museum will be closed until approximately Feb. 1 for heating, air conditioning, and electrical upgrades.

During this time, the main museum building (Bldg. 981) and hangar (Bldg. 979) will be unavailable for tours or events. The museum airpark will remain open, but visitors should be mindful of outside construction traffic and work around the affected buildings. Museum man-

agement regrets any inconvenience as they improve their facilities.

Questions or concerns may be directed to the museum staff at 556-8314 or 556-8278.

Beware of exploding cell phones

During the past two years, the Consumer Product Safety Commission has received more than 80 reports of cell phones exploding or catching fire, usually because of incompatible, faulty or counterfeit batteries or chargers. Burns to the face, neck, leg and hip are among the dozens of injury reports the agency has received.

Counterfeit batteries are believed to be a major contributor to this hazard. Though legitimate batteries can go wrong, there is a greater chance that poorly made, counterfeit ones will lack safety devices to detect overheating or

overcharging. The lithium-ion batteries found in most cell phones can overheat if, for example, heat vents are covered.

Carriers and manufacturers are urging cellular users to exercise reasonable care of batteries, chargers and phones and to purchase them directly from phone companies rather than second-hand dealers or off the Internet.

Plug into space heater safety

Following are the Peterson Air Force Base guidelines for the use of portable electric heaters:

- Portable Electric Heaters will not be used as the primary heat source for the building and used only when the existing system fails to provide adequate heat.
- Only Underwriter Laboratory (UL) approved portable electric heaters will be used.
- All electric heaters will be equipped with an emergency tip-

over, shut-off switch unless they are the internally heated oil type that do not have exposed heating elements.

- All Portable Electric Heaters will be plugged directly into a wall outlet and never into an extension cord or power strip.

- All electric heaters will be kept a minimum of 18 inches away from combustible materials when running.

- All heaters will be turned off and unplugged at the end of the workday.

39th APS to break ground for facility

The 302nd Airlift Wing announces a ground-breaking ceremony to commemorate the construction of a new facility to be added to the 39th Aerial Port Squadron.

The ceremony will be held Thursday, Jan. 13, at 10:30 a.m. near Bldg. 208.

General Tanzi named AFRC vice commander

By 1st Lt. Lance Patterson
Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. – Maj. Gen. David E. Tanzi will return here to serve as vice



commander of Air Force Reserve Command. He will replace Maj. Gen. John J. Batbie Jr., who will retire after

he relinquishes his post to General Tanzi Jan. 21.

General Tanzi currently commands 10th Air Force, Naval Air Station Joint Reserve Base Fort Worth, Texas.

Before that assignment, he was director of plans and pro-

grams at Headquarters AFRC, here, from February 1999 to March 2002.

Other assignments include: commander of the 419th Fighter Wing, Hill AFB, Utah, from July 1993 to February 1999; commander of the 906th Fighter Group, Wright-Patterson AFB, Ohio, from July 1987 to July 1993; deputy commander for operations and later commander of the 917th Tactical Fighter Group, Barksdale AFB, La., from December 1985 to July 1987.

As the vice commander of the Air Force Reserve, General Tanzi will oversee AFRC daily operations.

General Tanzi is a command pilot with more than 4,500 flying hours in several fighter aircraft. He flew combat missions over northern Iraq in support of Operation Provide Comfort II. He retired from civil service Dec. 3 and is a full-time reservist.



Splendidly splashing

Chief Master Sgt. Eric Deylius, 731st Airlift Squadron, chief flight engineer, receives a Gatorade bucket-sized dousing from Master Sgt. Dave Carey, 731st AS flight engineer, following his final flight on a C-130 Dec. 2. The chief has been with the 302nd Airlift Wing 21 years, but began his military service in February 1972. He is retiring from the Reserve, but will stay on with the wing as a civilian. (Photo by Tech. Sgt. Tim Taylor)

Unit Training Assembly Schedule

January 8-9

	<u>Time</u>	<u>Event</u>	<u>Location</u>	<u>POC</u>
S A T U R D A Y	0530 – 0800	Breakfast/Brunch	Aragon Dining Facility	SVMFA/6-4180
	0600 – 0730	"Jump Start" Fellowship	Sandy's Restaurant	HC/6-7428
	0730 – 1600	Newcomers Orientation	Bldg. 893, Conference Room	DPMSC/6-8185
	0730 – 0900	No Meeting Period	All Locations	CV/6-7087
	0730 – 1630	Physical Exams	Clinic	ASTS/6-1132
	0745 – 1630	MPF Hours	Bldg. 895, Room 219A	DPMSC/6-8185
	0900 – 1000	Unit Training Manager Meeting	Bldg. 895, Room 203	DPMT/6-7250
	1000 – 1600	Military Clothing Sales	Bldg. 1466	LSM/6-3227
	1000 – 1045	Wing Training Planning Council	Bldg. 895, Room 203	CCX/6-0142
	1100 – 1300	Lunch	Aragon Dining Facility	SVMFA/6-4180
	1100 – 1300	Lunch & A Lift	Aragon Colorado Room	HC/6-7428
	1215 – 1530	CDC/PME Testing	Bldg. 895, Room 203/204	DPMT/6-7250
	1300 – 1600	Chaplain Available	Bldg. 893, Room 143	HC/6-7428
	1300 – 1530	Self Aid/Buddy Care Refresher	Bldg. 350, Room 2127	ASTS/6-1132
S U N D A Y	1400 - 1500	Unit Public Affairs Representative Mtg.	Bldg 216 Conference Room	PA/6-4117
	1600 – 1800	Dinner	Aragon Dining Facility	SVMFA/6-4180
	2000 – 2300	Late Night Carry-out	Aragon Dining Facility	SVMFA/6-4180
	0530 – 0800	Breakfast/Brunch	Aragon Dining Facility	SVMFA/6-4180
	0730 – 0830	Chiefs' Group Meeting	Silver Spruce Golf Course	CCC/6-8132
	0730 – 1200	MPF Hours	Bldg. 895, Room 219A	DPMSC/6-8185
	0800 – 0900	Career Advisor Training	Bldg. 895, Room 203	CCA/6-7702
	0800 – 1000	3AO AFSC Training	Bldg. 893, Conference Room	SC/6-3299
	1000 – 1100	First Sergeants Meeting	Bldg. 208	CCF/6-8307
	1000 – 1100	Homosexual Policy Training	Bldg. 890, 2nd Floor Briefing Room	JA/6-8140
	1000 – 1100	Records Management Training	Bldg. 893, Conference Rm	SC/6-3299
	1000 – 1100	2005 Family Day Meeting	Bldg. 895, Training Room	DPMFR/6-6505
	1100 – 1200	Junior Enlisted Advisory Council	Bldg. 350	LRS/6-7371
	1100 – 1300	Lunch	Aragon Dining Facility	SVMFA/6-4180
	1245 – 1630	Annual Awards Boards	Bldg. 845, Conference Room	CCC/6-8132
	1600 – 1800	Dinner	Aragon Dining Facility	SVMFA/6-4180

✓ **Can't make the UTA but you made lodging reservations?**
Contact Master Sgt. Terry Brassard at (719) 556-4001 or 1-800-446-9624 (*864001#) to cancel.

✓ **Want an event on next month's schedule? Call (719) 556-4117 or e-mail 302aw.pa@302.peterson.af.mil.**

Disabled computer accounts can be restored

By Senior Master Sgt. Kelli Wolf
302nd Communications Flight

If you did not take the Information Assurance Awareness 2005 Training by Dec. 24, 2004 you had your computer access privileges disabled. However, can have those privileges restored by completing the following steps:

First take the Information Assurance Awareness 2005 Training located at https://www.smartforce.com/learning_community/Custom/USAF/login.asp. This training is

available from any internet connection, meaning they can accomplish it at home or work (if allowed) as long as they remember or have a login to the smartforce web site.

The training takes approximately one hour uninterrupted. The program will remember where you left off if you are interrupted and must exit the course before finishing.

If you arrive on the unit training assembly to find your account disabled, you will need to have someone in your work center provide you access to the site above to complete it.

Once you complete the training, print a

copy of your certificate. Bring a copy to the 302nd Communications Flight Helpdesk office located in Bldg. 893, Room 104. A Helpdesk member will enable your account and have you change your password. Remember to keep a copy of your certificate for yourself and provide a copy to your unit deployment manager as well.

If you are receiving a red screen at log-in and your password is still functioning, you are within 90 days of expiring. Complete the training once you see the screen and follow the steps above.

Welcome newcomers

302nd Aeromedical Staging Squadron

Airman Ronetta M. Braggs-Sweeny
Airman 1st Class Dicla R. Gomez
Senior Airman Christopher S. Huskins
Airman 1st Class Armando D. Padua

39th Aerial Port Squadron

Airman 1st Class Levi J. Clark
Staff Sgt. Richard W. Normandie
Capt. John T. Bennett

302nd Communications Flight

Tech. Sgt. Edward L. Cox

302nd Maintenance Squadron

Staff Sgt. Joaquin L. Cuenca
Staff Sgt. Hau Hai Hoang

19th Space Operations Squadron

Staff Sgt. Mark E. Davis
Staff Sgt. Jesus M. Diaz II
Senior Airman Maureen T. Nunez
Capt. Michelle M. Nunez

14th Test Squadron

Staff Sgt. Bridgina Harris

Master Sgt. Robert A. Pharris Jr.

731st Airlift Squadron

Staff Sgt. Chris A. Kurtzhals
Tech Sgt. Tracy L. League
Capt. Michael A. Wright

302nd Logistics

Readiness Squadron

Staff Sgt Robert C. May

302nd Mission Support Flight

Senior Airman Iamira Rolon-Rosa

310th Security Forces Squadron

Senior Airman Margarita L. Rose

8th Space Warning Squadron

Master Sgt. Jeana L. Russ
Staff Sgt. Conrad Dawes

302nd Operations

Group Detachment 1

Maj. Scott A. Sauter

302nd Operations Group

Staff Sgt. Richard D. Yarbrough

Sharp Troop of the Month

Name: Priscilla Y. Johnson

Rank: Technical sergeant

Section: 302nd Aeromedical Staging Squadron

Job: Supervisor, Physical Examinations Section, Flight Medicine

Date assigned: July 2001

Hometown: Staten Island, N.Y.

Hobbies: Sewing, exercise, reading and taking care of 2 1/2 year-old son, Marcus

Favorite thing about your job: Interacting with people and patients here because it is someone different every month.



Supervisors: Do you have an exceptional troop whom you would like to nominate for Sharp Troop of the Month? If so, contact the editor of the *Front Range Flyer* at 302aw.pa@302.peterson.af.mil, or call (719) 556-4117, or toll free (800) 446-9624.



New commander

Lt. Col. Michael J. Marques, 302nd Mission Support Group commander, returns the salute of Lt. Col. Thomas M. Abel, 302nd Mission Support Flight Commander, as Colonel Abel assumes command of the flight Dec. 4. (Photo by Budd Butcher/21st Space Wing)

Work on Sumit 38 Memorial progressing

By Tech Sgt. Tim Taylor

Front Range Flyer

Editor's note: This is the second in a series of articles following the progression of a tribute planned in memory of six 302nd Airlift Wing members who were killed when their C-130 crashed near Mountain Home Air Force Base, Idaho, on May 13, 1995.

A project to refurbish a memorial to the crew of Sumit 38 is ahead of schedule. That's the word from the 302nd Maintenance Squadron fabrication flight, tasked with preparing the scale model C-130 for the 10th anniversary of the Sumit 38 crash.

Members from the flight's aircraft structural maintenance and metals technology shops have joined forces on the project and Master Sgt. Bill Harris, 302nd MXS aircraft structural maintenance supervisor, hopes to have it completed by the end of January.

Fabrication flight members have put in approximately 30 hours on the project, working around isochronical

inspections and other maintenance requirements, but there's still plenty more to do. "We'll scuff sand the whole thing," Sergeant Harris said. "We'll re-attach the pylons. That's one of the last things we'll do before gel coating the whole thing. All the cracks will be filled. It will be gel coated, primed and painted and some of the decals on before 314 rolls in."

Meanwhile, Tech. Sgt. Charlie Huffman, 302nd MXS aircraft metals technology craftsman, is preparing to put together a new stand for the memorial to be mounted on.

Several design options have been discussed. A final design has not been selected the new stand could include the new Air Force symbol. "We may put a plate on it in here somewhere," said Sergeant Huffman, pointing toward the base of the stand. "We're waiting for some (drawing) software to come back for our CAD program."

Once the project is complete the Sumit 38 Memorial will be again be a fitting tribute to the Airmen it honors.

WING, NORAD TEAM FOR 50TH SANTA TRACKING

By Tech. Sgt. Tim Taylor
Front Range Flyer

Two of the most reliable aircraft known to mankind celebrated golden anniversaries in 2004. One is the C-130 Hercules, which turned 50 years old. The other? Well, that would be a reindeer-powered sleigh, which marked the 50th time its journey around the world has been tracked by the North American Aerospace Defense Command.

It seemed fitting when NORAD approached the 302nd Airlift Wing for assistance in ensuring it could track Santa Claus' historic Christmas Eve flight. After all, NORAD needed to test its tracking capabilities in advance and the 302nd AW just happened to possess the only C-130 capable of reaching speeds close to that which Santa's sleigh and reindeer could attain (rumor has it that's somewhere in the Mach 4 range).

Therefore, a routine training mission around the Colorado Springs area took on greater importance Dec. 2 as the first portion of the flight was set aside to test NORAD's tracking system. Aircraft number 464646 (HO HO HO on your telephone keypad) was called into action – and with it took a special passenger.

With her husband busily preparing for his flight, Mrs. Santa Claus climbed onboard in his stead and watched merrily as the H3 model Herc maneuvered its way around the Pikes Peak region.

"It was exciting to get to meet Mrs. Claus. She is everything you would expect Mrs.

Claus to be," said Maj. Mark Steward, 302nd AW chief of Safety. "She new exactly where she wanted to fly in order to test Santa's tracking equipment and we were able to accommodate all her needs. In addition to the test track, we took her by to see Santa's workshop and NORAD.

To the major and his crew, this special mission was of great importance. "The flight was

a great opportunity to do our part for all the believing kids in the world. NORAD's tracking capabilities provide everyone with a sense of well being, knowing that Santa and his reindeer are doing well on their long journey Christmas Eve," said Major Steward. "The entire crew felt a great accomplishment in assuring all systems were GO for protecting Santa's security.

The 302nd AW had assisted



Left to right, Staff Sgt. Myron Davis, 731st Airlift Squadron flight engineer; Maj. Christopher Padbury, 731st AS C-130 pilot; Mrs. Santa Claus, also known as Lt. Col. Shelly Stellwagen, North American Aerospace Defense Command deputy director of Public Affairs; Master Sgt. Dave Gilson, 731st AS loadmaster; and Maj. Mark Steward, 302nd Airlift Wing chief of Safety, wish viewers of Univision Hispanic TV station KCEC Channel 50 in Denver "Feliz Navidad" following their NORAD Santa Tracking System test flight Dec. 2. (Photo by Tech. Sgt. Tim Taylor)

NORAD in preparing for Santa's journey the previous three years, but this marked the first time the wing had actually conducted a test flight. "The 302nd Airlift Wing does many humanitarian missions, along with the aerial firefighting mission, that provide great service to people in need," said Major Steward. "Helping NORAD test its equipment and ensuring Santa's safety is another all important endeavor

for the 302nd. The professionalism and desire to do good things for people demonstrated by the members of the 302nd will ensure that NORAD continues to task the 302nd in the years to come. It was an honor and a privilege to partake in this mission."

Santa left the North Pole Dec. 24 and traveled the globe safely once again – thanks in part to the 302nd Airlift Wing.



Major Steward and Mrs. Claus discuss the route they'll use during the test flight. (Photo by Tech. Sgt. Tim Taylor)

302nd Airlift Wing Public Affairs
860 Malmstrom St. Ste 138
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